

Antinutrient & Toxicity

Antinutrient and Toxicity ID	52
Crop ID	Quinoa
Part	Grain
Reported Factor	Phytic acid
Effect	Phytic acid is capable of chelating bivalent minerals (Ca, Fe, Mg, Zn, and Cu), starch, protein and enzymes.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	food preparation methods like steeping, germination and fermentation were reported to reduce the phytic acid content in the grains.
Notes	<i>NULL</i>
Metadata Id	8,559